

ABSTRACT OF THE DISCLOSURE

A display apparatus and method in which a display unit displays a first image for a left eye and a second image for a right eye. First and second detecting elements detect a brightness around the left eye and right eye, respectively, and first and second brightness adjusting units adjust a brightness of first and second images according to the brightness detected by the first and second detecting elements, respectively. The first detecting element is allocated on a side facing to a face of a user and is allocated on a lower side of a first display window which displays the first image. The second detecting element, in turn, is allocated on a side facing to a face of the user and is allocated on a lower side of a second display window which displays the second image.